

HOW TO LIVE LONG.

Why Very Few People Attain the Age of One Hundred Years.

"Why few people live to grow old" was explained by Professor Henry Hartshorne in an interesting lecture at the Franklin Institute, Philadelphia. Professor Hartshorne declared that the natural course of human life is 100 years, but the reason why so very few attain such an age is that the vast majority do not realize the necessity of observing the fundamental principles of the laws of hygiene. Then he proceeded to briefly tell what those laws are and how they should be observed from the cradle up. He made some derogatory remarks respecting the habit of unhealthy people marrying, because their offspring are always weak and sickly and a continual care on the hands of the parents. The audience was told that babyhood was full of dangers. Food, for instance, should be carefully looked after for youngsters. Watered, skim or stale milk and starch food are highly injurious. Mothers were warned against nursing a child at the breast all night, as it will be apt to have fits.

Cold weather was spoken of as a cause of the abridgement of the life of babies, because they are often kept housed up all winter and never given fresh air. Another error, the speaker said, consisted in baring children's arms and legs in winter, for they need the same covering as adults. Tight dressing should not be allowed, as many infants become so worried by tight bands that they soon pine away and die. Mothers and fathers were implored to have their children vaccinated as early as possible, and they were told to believe no one who speaks against vaccination, no matter how exalted a position he may occupy.

Childhood having been survived, it is a good thing to get hardened, continued the professor. But it is not to be got by extreme exposure. The way to become hardened is to accustom one's self to frequent exposures properly wrapped up to meet the chilly blasts. To be overburdened with clothing is a serious clog to health, equally as much so as the habit of tight-lacing. Never sit in wet clothes or when the feet are wet. The rules of hygiene imperatively demand that this shall be strictly adhered to. Sitting with the back to a draft is also dangerous, and is likely to cause consumption.

Cleanliness in all seasons, but especially during the summer, is an important measure for health. Pure air is a prime necessity for the elongation of life, and those whose occupations compel them to spend their days in a hot, sultry, crowded factory, need not be surprised if they become afflicted with pneumonia.

Eating too much or too rapidly should be vigorously guarded against. It is a fallacy for the people to try to get fat by eating too much. Eat until you are no longer hungry, and do not stay at the table until you cannot eat more. Half-baked bread and that baked with an excessive amount of saleratus or soda, and raw pork, and sausage, destroy life. Variety in food is most desirable. In the matter of drink one should be particularly careful. Milk is at all times good. Coffee is less desirable than tea.

Many lives are shortened by overwork. A fair day's work, six days in the week, is conducive to health. Excessive brain work proves fatal in time. Loss of sleep is highly injurious. Infants should be permitted to sleep as long as they want. Adults need seven hours, brain workers should have no less than nine hours, and children fully ten hours sleep daily.

A Horse Audience.

A Prussian officer relates that shortly after the retaking of Orleans by the Germans he happened to be passing through a deserted street, and on coming in front of what had formerly been one of the most popular cafes chantants of the town, but which was now supposed to be closed, he heard the deep, vibrant sounds of a grand piano, played upon, apparently, by some master hand. There was also heard in the intervals a tramping as of many feet, betokening a large audience. Curious to know how such a thing could happen so soon after the confusion into which the town had been thrown by the recent battle, he entered, and found seated on the music stool a Prussian train soldier, while all around him in the vast audience hall, which had been brilliantly lighted up for the occasion, and pressing close up to the platform, were his charges, a great troop of horses, that filled the house and stood with pointed ears and erect heads, eagerly listening to the music.

Seven artesian wells, varying in depth from 800 to 1,800 feet, and possessing considerable medicinal properties, are now running in Peori, Ill.

HIGHER THAN THE PRESIDENT.

Amusing Scene at One of President Lincoln's Receptions.

The Rev. C. Van Santvoord describes in the *Century* "A Reception by President Lincoln," at which he was a spectator, and of which the following are characteristic paragraphs: About twice a week, after the official and other privileged visitors had taken their departure, the doors of the President's reception-room would be thrown open to whomsoever might be waiting without. Happening to be there on one of these occasions, I entered with about a score of these expectants; and curious to know the character and process of this informal audience given to the people, I stationed myself in a corner near the President, where I could see and hear all that was going on.

President Lincoln's appearance is too well known to need particular description. He was clad plainly, but becomingly, in a black broadcloth suit, nothing in all his dress betokening disregard of conventionality, save, perhaps, his neat cloth slippers, which were doubtless worn for comfort. He was seated beside a plain, cloth-covered table, in a commodious armchair.

When this visitor had withdrawn an immense specimen of a man presented himself. Broad-shouldered, robust, with thews and sinews to match his great height, and with an honest, good-natured countenance—all seemed to mark him as belonging to the hardy yeomanry of the West. He sidled up awkwardly to the President, seeming almost afraid to accost him, but after some hesitation contrived to say, that being on a visit to Washington, he simply wanted before leaving to see the President, and have the honor of shaking hands with him. He found a kindly reception, and after some introductory civilities, Mr. Lincoln ran his eye curiously over his huge caller, surveying him from head to foot, and then saying, with a humorous look and accent it would be hard to describe:

"I rather think you have a little the advantage of me in height; you are a taller man than I am."

"I guess not, Mr. President," replied the visitor, with the self-abnegating air of one who seemed to regard any claim on his part of possessing an advantage over the Chief Magistrate as an offense little short of treason, "the advantage cannot be on my side."

"Yes, it is," was the rejoinder; "I have a pretty good eye for distances, and I think I can't be mistaken in the fact of the advantage being slightly with you. I measure six feet three and a half inches in my stockings, and you go, I think, a little beyond that."

The man still demurred, insisting very respectfully that the precedence in the matter lay on the President's side.

"It is very easily tested," said the President, and rising briskly from his chair and taking a book from the table, he placed it edgewise against the wall, just higher than his head. Then, turning to his doubting competitor for the nonce, he bade him "come under." This the man did not do at once, pausing, with flushed face and irresolute look, as if not certain how far he might venture to trust the lion in his playful mood—his countenance the while wearing a bewildered, half-frightened and yet half-smiling expression that was really comical to see.

"Come under, I say," repeated the President in a more peremptory tone, and then the visitor slowly complied. "Now straighten yourself up, and move your head in this way," suiting the action to the word. This being done, Mr. Lincoln added: "Now you hold the book, and be sure not to let it slip down a hair-breadth, and I will try." Planting himself accordingly underneath the book, and moving his head from right to left, it was found that he fell a trifle short of the other's measurement. "There," said he, "it is as I told you. I knew I couldn't be mistaken. I rarely fail in taking a man's true altitude by the eye."

"Yes, but Mr. President," said the man, his courage amid the merriment of the company beginning to return, "you have slippers on and I boots, and that makes a difference."

"Not enough to amount to anything in this reckoning," was the reply. "You ought at least to be satisfied, my honest friend, with the proof given that you actually stand higher to-day than your President."

A Fireman's Fortune.

The San Francisco (Cal.) *Chronicle*, in an article on the fire department of San Francisco, gives the following from Assistant Chief Engineer Matthew Brady: "I have been subject to an aggravating pain in my chest for over four years. I resorted to various modes of treatment to obtain relief. I have had my chest terribly blistered. No physician could tell what was the matter with me. Two weeks ago I commenced using St. Jacobs Oil. It has cured me."

The latest thing home—Husbands.

STARTLING STATISTICS.

The Shadow Hanging Over New York City and the Entire Country—A Tribune Opinion.

The nation has been horrified at the burning of a Milwaukee hotel, whereby over seventy lives were lost. This event carried terror because it was sudden and appalling; but had the same disastrous results to life and limb come silently they would have been unnoticed, not only by the people of the land, but also by the very community in which they occurred. Fatal events of a far worse nature have taken place in this very city, but they have attracted no attention, nor would they now do so the Bureau of Vital Statistics thinks; for not only the number of deaths has diminished, but the death rate on most diseases has decreased, still it is far greater in one or two more serious disorders than was ever known before. More people died in the city of New York in 1882 from Bright's disease of the kidneys, than from diphtheria, smallpox and typhoid fever all combined! This scarcely seems possible, but it is true, and when it is remembered that less than one-third the actual deaths from Bright's disease are really reported as such, the ravages of the malady can be partially understood.

The immediate query which every reader will make upon such a revelation of facts, is: What causes this increase? This is difficult question to answer. The nature of the climate, the habits of life, the adulteration of foods and liquors, all undoubtedly contribute; but no immediate cause can be certainly assigned. Often before the victim knows the disease has begun, its approaches are so stealthy and its symptoms so obscure that they cannot be definitely foreseen, and are only known by their effects. Any kind of disorder, however slight, in the first stage of Bright's disease, is seldom that kidney disorders can be detected. They do not have any certain symptoms. Mysterious weariness; an unusual appetite; periodical headaches; occasional nausea; uncertain pains; loss of vigor; lack of nerve power; irregularity of the bowels; disordered daily habits; imperfect digestion—all these and many other symptoms are the indications of kidney disorder, even though there may be no pain in the region of the kidneys or in that portion of the body. The serious nature of these troubles may be understood from the fact that Bright's disease is as certain to follow diseased kidneys as decomposition follows death.

It is high time the Doctors in this land who have been unable to control kidney disease should be aroused and compelled to find some remedy, or acknowledge one already found. The suffering public needs help and cannot await the tardy action of any hair-splitting code of incorrect formulae. If the medical profession will only acknowledge the fact that Bright's disease is a certain to follow diseased kidneys as decomposition follows death, for the discovery of this remedy and for its application to this disease, the people of this city, the people of the whole land, and those who are suffering, but those who have friends in danger, are earnestly and longingly looking.

The above quotation from the New York Tribune is causing considerable commotion, as it seems to lift the cover from a subject that has become of national importance. The alarming increase of kidney diseases; their insidious beginnings and frightful endings, and the acknowledged inability of physicians to successfully cope with them, may well awaken the greatest dread of every one who has the slightest symptoms. It is fortunate, however, that the surest relief is often found where, possibly, least expected, and that there is a specific for the evils above described we have come to fully believe. Within the past two years we have frequently seen statements of parties claiming to have been cured of serious kidney troubles even after hope had been abandoned; but in common with most people we have discredited them. Quite recently, however, a number of prominent and well known men have come out voluntarily and stated over their signatures that they were completely cured by the use of Warner's Safe Kidney and Liver Cure. Most people have been aware that this medicine has an unusual standing and one entitling it to be classed above proprietary articles generally; but that it had accomplished so much in checking the ravages of kidney disease is not so generally known. Its great worth has been shown not only by the cures it has effected, but also because a number of base imitations have appeared in the market, fraudulently claiming the valuable qualities of the original Safe Cure. If it were not valuable it would not be imitated.

The above may seem like an ultra endorsement of a popular remedy, but it is not one whit stronger than the facts admit. What ever assists the world toward health and consequent happiness, should receive the hearty endorsement of the press and all friends of humanity. It is on precisely this principle that the foregoing statement is made, and it merits the careful consideration of every thinking reader.

HOOD'S SARAPARILLA.
Sold by Druggists. \$1.00 per bottle. Prepared only by C. I. HOOD & CO., Apothecaries, Lowell, Mass.

Lost Faith in Physicians.
Why did so many people turn to proprietary medicines, or patent medicines, as they are commonly called? Is it because people lose faith in physicians? There are instances where cures have been effected by Hood's Saraparilla or Hood's Liver Syrup for all diseases of the blood, when they had given over to their physicians. It is one of the best remedies ever offered to the public, and it is prepared with the greatest care, as a specific for certain diseases, it is no wonder that it should be more effective than hastily written and carelessly prepared prescriptions made up by ignorant physicians. Take Hood's Liver Syrup for all diseases of the blood, when they had given over to their physicians. It is one of the best remedies ever offered to the public, and it is prepared with the greatest care, as a specific for certain diseases, it is no wonder that it should be more effective than hastily written and carelessly prepared prescriptions made up by ignorant physicians. 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